

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Effectiveness of Emotion- Focused Therapy (EFT) on the Performance component of Couples

Protocol summary

Study aim

The couple Performance plays a determining role in the families stability. The purpose of this study was to evaluate the effectiveness of couples emotion-Focused Therapy (EFT) on the performance components referring to counseling centers in Sari.

Design

Clinical trials include a control group, community-based with single-blind, non-blind and non-randomized

Settings and conduct

The statistical population of the study consisted of all couples requesting divorce and incompatibility referring to counseling centers in Sari, during the summer of 1396. The place of training was Tolou Counseling Center located in Sari. The content was taken from Susan Jonson's therapy package. The treatment was performed as a group therapy.

Participants/Inclusion and exclusion criteria

First, to select a research sample, the researcher asked couples requesting divorce and incompatible couples referring to sari counseling centers to participate in the research without paying any charge in the year 1396. The conditions for participating in this study were couples incompatibility and requesting for divorce and excluding conditions were one spouse addiction and having intelligence above 85 (tested by Rayon's IQ Image test).

Intervention groups

The experimental group participated in the sessions (10 sessions one and a half hours), which were held twice in a week and the control group did not receive any treatment.

Main outcome variables

Results indicated that the EFT therapy increased the all couples performance components, it is recommended that this approach can help therapists in order to treat incompatible couples requesting divorce.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180529039906N1**

Registration date: **2018-06-06, 1397/03/16**

Registration timing: **retrospective**

Last update: **2018-06-06, 1397/03/16**

Update count: **0**

Registration date

2018-06-06, 1397/03/16

Registrant information

Name

Farideh Dokaneifard

Name of organization / entity

Country

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-05-22, 1396/03/01

Expected recruitment end date

2017-07-23, 1396/05/01

Actual recruitment start date

2017-05-22, 1396/03/01

Actual recruitment end date

2017-07-23, 1396/05/01

Trial completion date

empty

Scientific title

Effectiveness of Emotion- Focused Therapy (EFT) on the Performance component of Couples

1396.214IR.IAU.TMU.REC.

Public title

Effectiveness of Emotion- Focused Therapy (EFT) on the Performance component of Couples

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

incompatible couples and requesting a divorce

Exclusion criteria:

Intelligence above 85 Not addictive to narcotics and psychotropic drugs

Age

From **17 years** old to **54 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **56**

Actual sample size reached: **56**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

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College of Biomedical Ethics and Research Committee of the Medical School of Iran University of Medical Sciences

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Province

Tehran

Postal code

۱۴۴۹۶۱۴۵۳۵

Approval date

2017-12-20, 1396/09/29

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

Marital incompatibility and couples want divorce

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Couples performance score based on McMaster Family Assessment Device (FAD)

Timepoint

Prior to and after presenting an independent variable

Method of measurement

Family Assessment Device (FAD)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Emotionally Focused Couple Therapy

Category

Behavior

2

Description

Control group: Comparison group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Tolou Counseling Center

Full name of responsible person

Masoumeh Nemati

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Farhang Street. Building 262. Unit 7

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Sponsors / Funding sources

1

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Grant name

0

Grant code / Reference number

0

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Islamic Azad University

Proportion provided by this source

1

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Persons

Person responsible for general inquiries

Contact

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Part of the original outcome information

When the data will become available and for how long

Get started 6 months after printing results

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

In order to cite

From where data/document is obtainable

Masoumeh Nemati 09111567249

What processes are involved for a request to access data/document

All necessary tips are made during the telephone call

Comments